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OLD IS GOLD
THIS EATERY HAS WITHSTOOD THE TEST OF TIME {page 19}

JAZZY
WHO IS THIS BEST NEW ARTIST? {page 15}

CALGARY metro®
Tuesday, February 15, 2011
www.metronews.ca
News worth sharing.

Transit. Love

▶ Joey Wong and April Coughlan were one of many couples who submitted their transit love story for Valentine's Day. Story, page 6.

KATIE TURNER/METRO

Take a ride on the love train

Calgary Transit received dozens of submissions from Calgary couples sharing special stories about finding romance on the transit system.

Abuse victims get connected

Network provides victims access to support services {page 4}

Gaga smokes the ganja

Doesn't encourage kids to do the same {page 16}

Reserving a parking spot costs

▶ Council voted to abolish the $3 park-and-ride fee in December ▶ Free parking will be available beginning April 1

KATIE TURNER
CALGARY@METRONEWS.CA

Although the $3 park-and-ride fee has been wiped, commuting Calgarians will still have the option to pay for parking at transit stations if they want a guaranteed spot.

Council decided yesterday that willing customers can pay $70 per month to park in a reserved stall at the park-and-ride lot while the majority of the stalls will remain free.

"Up to 50 per cent of the spaces in each lot for the very busy lots will be made reserved and people will have the opportunity to pay for them," said Mayor Naheed Nenshi, who campaigned to remove the park-and-ride fee.

Ald. Brian Pincott said he wasn't in favour of removing the fee in the first place and the most recent report before council yesterday suggested the $3 fee was working.

"Parking costs money and what we did at council when we removed the park-and-ride fee is that we transferred the cost of parking from the people using the parking to the taxpayer, to everybody," he said. "This helps put the cost back on to the people who are using the service."

Ward 6 Ald. Richard Pootmans said he believes the program will be successful and said only allocating up to 50 per cent of stalls in some lots may be a low estimate.

"My guess is that there might be some surprising pressure on the demand for reserved stalls."

Park-and-ride

- **Options** Administration will also look into options for carpoolers and bring a report to council in November.
- **Price** Commuters who use park-and-ride lots five days a week, four weeks of the month would pay $60 per month with the current $3 per day fee.
- **Stalls** There are roughly 12,000 park-and-ride stalls.

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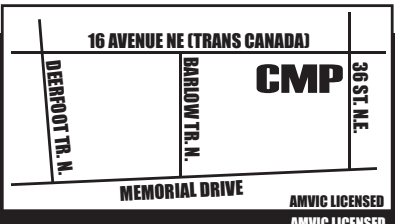

AMVIC LICENSED
AMVIC LICENSED

Enmax set to reckon with council

Members of city council will meet with the Enmax board today to discuss the governance of the embattled company.

Mayor Naheed Nenshi said the meeting will address a number of issues, including the parameters of a strategic review of Enmax, which he has long been calling for.

"We're going to be discussing a few thing. No. 1 is governance, and included in governance are executive and board compensation," he said.

Ald. Diane Colley-Urquhart called for the resignation of the entire Enmax board last week, but board member Ald. Brian Pincott said he disagrees.

"My expectations are for a fulsome discussion," he said. KATIE TURNER

Redford closes in on decision

Alberta Justice Minister Alison Redford said she's "very close" to deciding whether she'll join the race to lead the Tories.

Speaking at an event held to raise awareness for domestic violence at Chinook Centre yesterday, Redford said she expects a solid campaign for the party's leadership this fall and is weighing her options.

In accordance with instructions issued by outgoing Premier Ed Stelmach, Redford would be required to resign her cabinet post if she does decide to contend for the leadership. Former finance minister Ted Morton and former deputy premier Doug Horner have already done so. METRO

JEREMY NOLAIS/METRO; INSET: CONTRIBUTED

▶ Family and friends embrace following the funeral for Dale and Linda McDougall, inset, in the city's northwest yesterday.

Drowned couple laid to final rest

Dale and Linda McDougall died Feb. 3 while vacationing in Mexico ● He worked at a Calgary car dealership ● She was a certified dog trainer

JEREMY NOLAIS
@METRONEWS.CA

It seemed only fitting that Dale McDougall and his wife, Linda, would be eulogized on Valentine's Day.

After all, it was Dale's love for his wife of 40 years that led him to ignore his own well-being after the two were swept out to sea by a rogue wave off Mexico's coast on Feb. 3.

Linda had been pushed farther out and Dale went back to save her. When her head dipped below the water, he followed her down.

Their bodies were recovered a short time later.

"Dale cared for Linda so much he would risk his life — even trade his life — for hers," pastor David Dressler told a packed house at the pair's funeral yesterday. "That type of love from one self for another is one to celebrate."

The McDougalls were regulars at Dressler's services. He said he is left with fond memories of the two, describing them as being dedicated to their faith, their careers and, most importantly, to each other.

Following the service, the McDougalls' ashes were interred at Queen's Park Cemetery.

Last goodbye

- Dale McDougall, 62, and his wife, Linda, 59, were vacationing with family in Cabo San Lucas, Mexico. They visited Divorce Beach, where their lives were tragically lost.
- Friends and family packed into the Foster's Garden Chapel, in the city's northwest, for the McDougalls' funeral, filling the main hall and the overflow room.
- The two had celebrated their 40th wedding anniversary in October. A picture of the happy couple hovered over proceedings for the duration of yesterday's memorial.

1 news

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MOSAIC ASPEN

News in brief

METRO FILE PHOTO

▶MLA Dave Hancock

Province to revise land planning act

AMEND. The Alberta government will revise its much-maligned land planning act in the upcoming spring session, following criticism the act grants it sweeping powers to expropriate private land for pennies on the dollar.

"The amendment act will clarify what should have been clear all along," government house leader Dave Hancock told reporters yesterday.

THE CANADIAN PRESS

Home invasion in wrong home

SUSPECTS. A home invasion at 1 a.m. yesterday in the community of Heritage Point lasted only five minutes because the four suspects were seemingly in the wrong home, according to police. Police said the incident may be linked to a targeted home invasion that occurred on Jan. 26 — the occupants of which are known to police and have been un-co-operative. METRO

Warplanes will be restored

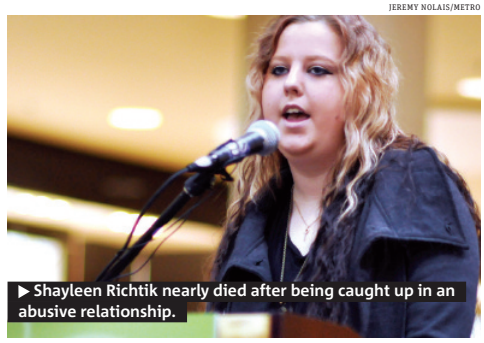
COST. Two Calgary-owned warplanes will be restored after council decided yesterday they will contribute up to $800,000. It's estimated it will cost $1.6 million to repair the city's Hawker Hurricane and de Havilland Mosquito and council voted to put up half the funds and the remainder will need to be raised by volunteer groups. METRO

Network aims to connect abuse victims

15 agencies combined to create single access point to support ◗ Services include health care, counselling

JEREMY NOLAIS
@METRONEWS.CA

JEREMY NOLAIS/METRO



▶ Shayleen Richtik nearly died after being caught up in an abusive relationship.

Ten days after she turned 18, Shayleen Richtik found herself nine seconds from death.

She had fallen in love with an older man and it was "all roses" at first.

But he quickly began to show an ugly side, threatening to harm animals and exuding dominance whenever possible.

Finally, Richtik had enough and decided to break the relationship off, but the man didn't take the news well.

"He strangled me in the backseat of his car," Richtik recalled. "I was unconscious at first ... it took me an hour of convincing him that we would run away together if he would just take me to the hospital."

The man finally complied and Richtik was rushed into emergency care. Stories like Richtik's are something a new family and sexual abuse network aims to prevent.

Called Connect, the network provides access to numerous support services through a single access point.

"Connect is about engaging people at a very early stage, and connecting them with resources that are going to be appropriate with the degree of the situation they find themselves in," said co-chairman Kevin McNichol.

Connect

- **Connect** can be accessed at connectnetwork.ca or by calling 403-237-5888
- **Representatives** from the agencies involved in Connect as well as Alberta Justice Minister Alison Redford and Calgary police Chief Rick Hanson were on hand to unveil Connect at Chinook Centre yesterday.
- **Relationship** Four out of every 10 respondents in a recent Leger Marketing survey admitted to experiencing abuse in a relationship, or being in relationships that show signs of abuse.
- **Violence** Calgary police Chief Rick Hanson said the CPS fields 14,000 domestic violence calls every year.

on the hou$e

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New beds help to ease backlog in patient care

Pets, stretching and social lunchtimes are all part of the patient care program at transition units like the one at Peter Lougheed Centre.

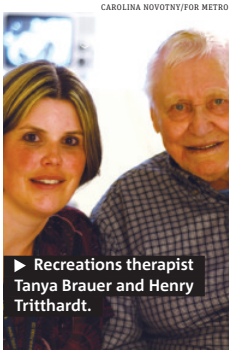
The 32 new beds in the unit offer patients waiting for spots in continuing care facilities an alternative to staying in hospital emergency departments while they wait.

Patients like 84-year-old Henry Tritthardt, who has been in hospital since August 2010, describe many benefits to staying in the transition units.

"It is much better here. There are less patients here and the nurses have more time for us," Tritthardt said. "They are more flexible here because they are not so busy."

Tanya Brauer, a recreational therapist on the unit, said the quieter, slower-paced environment of transition units allows patients to enjoy more freedom and get a sense of independence through methods such as allowing patients to choose bath times.

CAROLINA NOVOTNY/FOR METRO



▶ Recreations therapist Tanya Brauer and Henry Tritthardt.

"It is much more like a home-setting and that really allows for a better quality of life," said Brauer.

Dr. Peter Jamieson, Calgary medical director, said the aim of the new beds is to provide care more suited to the needs of patients who have come through an acute illness and to free up space in emergency wards.

CAROLINA NOVOTNY

360

The 360 new beds include transition unit beds, hospice beds, medical assessment units and mental heath beds.

50

In Calgary, 50 beds will be brought in to Foothills Medical Centre and Peter Lougheed Centre by the end of March.

For more local news, visit metronews.ca/calgary

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CRIME

Guilty plea in wife's death

A city man facing trial for first-degree murder in the death of his wife has been allowed to plead guilty to manslaughter.

Justice Alan Macleod accepted Shengjun An's plea in Court of Queen's Bench in Calgary yesterday.

An, 44, was charged after his wife, Yarong (Susan) Cheng, was found in the family home a year ago. EMS officials say she was in cardiac arrest and died after 30 minutes of CPR.

The case is one of dozens getting a second look by Alberta Justice after the department said an error had been found in a file handled by a pathologist.

In an agreed statement of facts, court heard that Cheng was a massage therapist and had been having an affair with a married client.

Court heard that Cheng was assaulted by her husband. She was shoved and hit her head on a concrete floor when she fell. THE CANADIAN PRESS

Blaze clears out restaurant

A restaurant fire in a two-storey building on the 1300 block of 10th Avenue SW was doused by fire crews yesterday afternoon. A dozen staff and patrons were safely evacuated and damage is estimated at $25,000. METRO

Shooting suspect arrested

A man wanted since last September after a shooting incident at a Toronto mall is in custody. Police say Christopher Alexander, 27, was arrested on Feb. 4 in Calgary on a Canada-wide attempted murder warrant. THE CANADIAN PRESS

City couple let love take them for a ride

KATIE TURNER/FOR METRO

▶ Violinist Blake Mahoney, 11, rode the love train yesterday and serenaded the happy couple with romantic music.

- April Coughlan and Joey Wong are getting married June 11
- Calgary Transit has about half-a-million boardings every day

When Joey Wong would get on the express bus downtown every morning, April Coughlan said she was secretly wishing he would sit next to her.

For months Coughlan and "bus boy," as she referred to him with friends, took the same route, but they didn't connect until a run-in at the Stampede.

"I walked up and said, 'You take my bus,' and that was it," said Coughlan. "For the rest of the summer we would ride the bus together, and six years later now we're getting married."

Coughlan and Wong, winners of the Calgary Transit Best Love Story Contest, rode the "love train" through the city yesterday along with the contest's creator, Ald. Druh Farrell.

"Quite a few people have met their true love on transit," she said. "It shows that transit connects people."

Wong's advice for commuters seeking love is not to be shy, and sit next to the person who catches your eye.

"I think it's one of those things that if your paths are meant to cross it will happen on the train, on the street — wherever it happens, it happens."

KATIE TURNER

Contest goodies

- Winners April Coughlan and Joey Wong received bus passes, roses, chocolates and T-shirts.

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EGYPT

Ouster sparks strikes

Egypt's military rulers called for an end to strikes and protests yesterday as thousands of state employees, from ambulance drivers to police and transport workers, demonstrated to demand better pay in a growing wave of labour unrest unleashed by the uprising that ousted Hosni Mubarak's regime.

The statement by the ruling military council that took power from Mubarak appeared to be a final warning to protest organizers in labour and professional unions before the army intervenes and imposes an outright ban on gatherings, strikes and sitins.

"It's hard for us to go back to work because people hate us," said one protester, a captain who was among the demonstrators.

THE ASSOCIATED PRESS

Iran police crack down on rallies

Clashes between Iranian police and tens of thousands of protesters wracked central Tehran yesterday as security forces beat and fired tear gas at opposition supporters hoping to evoke Egypt's recent popular uprising.

The rally is the first major show of strength for Iran's cowed opposition in more than a year.

Police used tear gas against the protesters in two squares in Tehran, as well as in other nearby main streets.

Demonstrators set garbage bins on fire to protect themselves from the stinging white clouds.

"An Iranian dies but doesn't accept humiliation," demonstrators chanted.

THE ASSOCIATED PRESS

Jogger dies, saves dog first

Authorities in California say a 48-year-old runner who rescued a stray dog from traffic was then struck and killed by a vehicle in an unrelated crash.

Orange County Sheriff's Lt. Ted Boyne told the Orange County Register that Mara Steves spotted the dog in the road at about 11 a.m. Sunday in Laguna Niguel. She was kneeling on the sidewalk with it when two SUVs collided nearby and one struck her.

THE ASSOCIATED PRESS

Group gets (some) lotto cash

The lottery corporation will pay out $31.7 million today to a group of 19 Bell employees, the original winners.

The other 11 claimants — who came forward after the prize was initially claimed — must wait for a court to decide if their claim is valid.

The court will distribute the remaining $18.3 million accordingly.

This is Ontario's largest lottery payout ever.

THE CANADIAN PRESS

New food, drink labels to show allergens

Exemption for beer came after hard lobbying from brewers, who argued celiac sufferers already know beer is made from grain

New labelling rules will give consumers more detailed information about the presence of allergens, gluten and sulphites in food and drink, Health Canada said yesterday.

The department said the new labels will require manufacturers to clearly list the presence of such substances.

The rules will require a listing of allergens in smaller components of the product, as well.

For example, if a product includes spices, the label must declare if the spices contain allergens or gluten.

"These changes to food labels will make it easier for parents of children with food allergies to identify potentially harmful, if not fatal, ingredients in foods," she said in a statement.

Milk, egg or fish products used to purify wines or spirits must also be listed on the label. Beer, ale, stout, porter and malt liquor are exempt from the new labelling rules.

The new requirements will be phased in over 18 months to give manufacturers time to comply. THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Health Minister Leona Aglukkaq holds a news conference in Ottawa.

By the numbers

- Health Canada estimates that five to six per cent of young children and three to four per cent of adults suffer from food allergies.
- Nearly one per cent of the population is affected by celiac disease. These people can suffer long-term complications from eating foods which contain gluten.
- Anaphylaxis Canada, an advocacy group for people with severe allergies, welcomed the new rules, but expressed disappointment with the exemption for beer.

John Edwards testifies in scandal

Two-time presidential candidate John Edwards has testified under oath in a lawsuit over a videotape that purportedly depicts him in a sexual encounter, an attorney for a former Edwards aide said.

Robert Elliot, lawyer for Edwards, said Edwards was deposed last week as part of a dispute between former Edwards aide Andrew Young and Edwards mistress Rielle Hunter. Elliot declined to discuss the content of the testimony.

Hunter shot behind-the-scenes footage as Edwards prepared to launch his second White House campaign. Edwards acknowledged a year ago that he fathered a child with Hunter, though Young had initially claimed paternity so Edwards could continue his campaign.

Meanwhile, a separate federal criminal investigation in Raleigh has drawn several people in recent months to testify before a grand jury. People familiar with the case have said investigators are examining how much Edwards knew about money used to cover up his affair and whether he violated campaign finance laws. The investigation is particularly focused on whether money given to Hunter and Young should have been considered campaign donations. THE ASSOCIATED PRESS

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Obama reveals details of 2012 budget proposal

- $3.73-trillion plan could be axed by Congress
- Wants one million electric vehicles on road by 2015

CAROLYN KASTER/THE ASSOCIATED PRESS

▶ Obama speaks to students at Parkville Middle School and Centre of Technology in Parkville, Md., yesterday.

President Barack Obama proposed a $3.73-trillion budget yesterday that holds out the prospect of bringing deficits under control through spending cuts and tax increases.

But the fiscal blueprint largely ignores his own deficit commission's view that the nation is imperilled unless Social Security, Medicare and other huge entitlement programs are slashed.

Obama called his new budget one of "tough choices and sacrifices," but most of the cuts would be held off until after the end of his first term.

Overall, Obama proposed trimming the deficits by $1.1 trillion over a decade.

The administration is projecting that the deficit will hit an all-time high of $1.65 trillion this year and then drop sharply to $1.1 trillion in 2012, with an expected improvement in the economy and as reductions in Social Security withholding and business taxes expire.

Obama's 2012 budget would add $8 billion to the projected deficit for that year because the bulk of the savings he would achieve through a freeze in many domestic programs would be devoted to increased spending in areas Obama considers priorities, such as education, clean energy and high-speed rail.

"The big challenge facing our economy today and our country tomorrow is the debt crisis. He's making it worse, not better."
PAUL RYAN, REPUBLICAN HOUSE BUDGET COMMITTEE CHAIRMAN

"We have more work to do to live up to our promise by repairing the damage this brutal recession has inflicted on our people," Obama said.

The president went to a middle school outside of Baltimore to highlight the education initiatives in his budget. He told the assembled crowd, "We can't sacrifice our future."

THE ASSOCIATED PRESS

STRATEGY REPORT

Canadian military examined

The Canadian military is revising the way it handles domestic operations after realizing there are gaping holes in the existing strategy.

Newly released documents show the 2010 Winter Olympics were an organizational nightmare because the military lacked what it calls domestic doctrine.

Doctrine provides rules and protocol on how to handle different types of operations.

"The absence of adequate, or up-to-date, domestic operations doctrine and policies resulted in excessive debate and distracted from the real task of planning and executing Op Podium," says the after-action report on the military's contribution to Olympic security.

Military planners were stymied by everything from what jobs they were and weren't prepared to do at the Games to how to get all the soldiers they needed for the plan.

"Many of the constraints imposed reflect pre-9/11 rationale and are not truly reflective of the types of tasks and unique CF capabilities routinely requested by our security partners," the report said.

THE CANADIAN PRESS

Eateries get hosed by pranks

A flood of prank calls has left some Vancouver restaurants soaked after staff were persuaded to set off the sprinkler systems.

RCMP say 10 restaurants got calls on Sunday night from pranksters who convinced staff at five of them to set off the sprinklers.

There have been at least three similar incidents in the Metro Vancouver area, including one in which guests at a hotel were asked to turn on sprinklers by a caller claiming the fire system needed to be tested.

THE CANADIAN PRESS

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Newlyweds reach for the sky

Contest winners exchange Valentine's Day 'I dos' atop New York City landmark Event in 17th year

The brides carried lavender roses and the grooms looked proud as 14 contest-winning couples got married yesterday at the Empire State Building.

"You are the most beautiful, the smartest and the kindest person I know," U.S. Army Pte. 1st Class Brett Beardon said as he clasped hands with Samantha Belfon and gazed into her eyes.

"I will honour and respect you, laugh and cry with you and cherish you always," she replied.

The 17th annual Valentine's Day wedding event at the iconic skyscraper was sponsored by TheKnot.com, a wedding-planning website.

Air Force Capt. Jon Wu and Stephanie Hull, of Kentucky, won the grand prize, which includes a honeymoon in the Bahamas.

"We can only go up from here," Wu said after he tied the knot with Hull in a sunrise ceremony on the 86th-floor observatory.

Hull, who wore a strapless, creamy white gown with a long train, said she was on "Cloud 9."

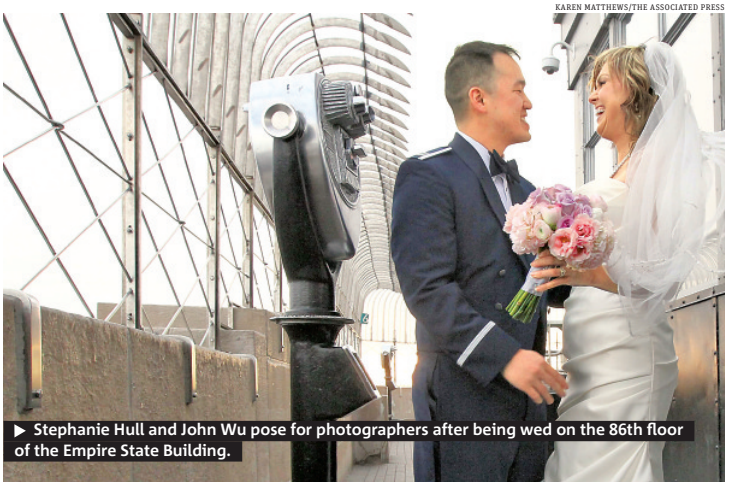
Wu proposed to Hull last year by spelling out "will you marry me" in Christmas lights on a lawn outside their apartment building.

The ceremonies for the other winners were held on the 61st floor in a makeshift wedding chapel. One ceremony followed another with brisk efficiency.

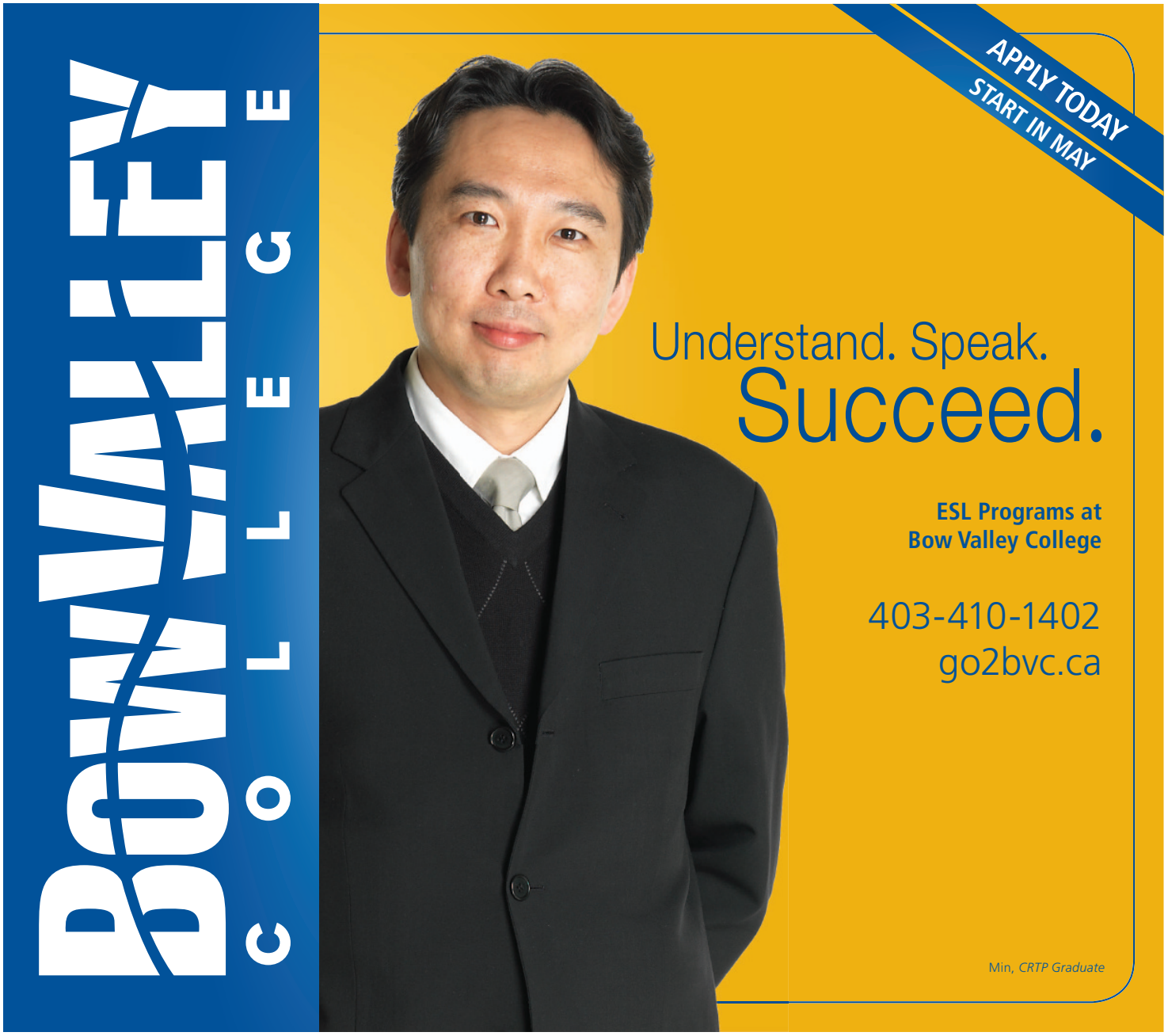
After they were wed, couples were given flutes of pink sparkling wine and cupcakes with pink icing.

THE ASSOCIATED PRESS

KAREN MATTHEWS/THE ASSOCIATED PRESS



▶ Stephanie Hull and John Wu pose for photographers after being wed on the 86th floor of the Empire State Building.



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	(+ 1.5¢ US)
	Gold contracts
	$1,365.60
	(+ 0.08¢ US)

PRICES AS OF 5 P.M. YESTERDAY

RIM bites into tablet market

Research In Motion is stepping up its efforts to take a share of the computer tablet market with two additional PlayBook tablets this year. The tablets will support fourth-generation networks that are suited to video streaming and high amounts of data. Due out in spring, it will compete with Apple's iPad.

THE ASSOCIATED PRESS

No bale-outs on clothing prices

Get ready to pay about 10 per cent more for clothes, analysts warn ◐ Rising fabric prices at root

The era of falling clothing prices is ending.

Clothing prices have dropped for a decade as tame inflation and cheap overseas labour helped hold down costs. During the recession retailers and clothing makers cut frills and experimented with fabric blends to keep prices low.

But as the world economy recovers and demand for goods rises, a surge in the costs of labour and raw materials is squeezing retailers and manufacturers. Cotton has more than doubled in price over the past year. The price of synthetic fabrics has also jumped roughly 50 per cent as demand has risen.

Clothing prices are expected to rise about 10 per cent over the next few months, with the biggest increases coming in the second half of the year, said Burt Flickinger III, president of Strategic Resource Group.

Cotton dry

- **The price of cotton** jumped to a 150-year high, rising to $1.90 per pound on Friday, more than double what it was a year ago, the International Cotton Advisory Council says. Bad weather has cut harvests in major producing countries.
- **Raw materials account for** 25 per cent to 50 per cent of the cost of producing a garment. Labour ranges from 20 per cent to 40 per cent, depending on how complicated it is, says David Bassuk of retail consultants AlixPartners.

Higher costs also will affect how clothes are made. Clothing makers are blending more synthetic fabrics and designing jeans with fewer embellishments. Shoppers can expect fewer colour choices.

On the production side, many Chinese factories that shut down in the recession haven't returned to capacity and are grappling with labour shortages.

Until now, retailers have resisted passing along price increases to shoppers by shifting production to lower-cost regions, turning to other materials and absorbing cost increases. But they're reaching the limit.

"Customers are going to be surprised," said David Bassuk, managing director of retail consultants AlixPartners.

THE ASSOCIATED PRESS

Confidence drives RRSP investing

With two weeks left to make a 2010 retirement contribution, an RRSP survey from RBC shows Canadians are investing with confidence in the markets, a sign of a greater sense of job security.

"When the economy falters, people respond by keeping their money out of the markets," said Lee Anne Davies, RBC's head of retirement strategies. "We are seeing that the confidence is coming back and people are moving back into stocks and back into equities."

MATTHEW LOPES

Saving race

- **In 2010 the average** market value of all RRSPs increased by 17 per cent, but the value for young contributors decreased.
- **Among people 18 to 33,** RRSP market value decreased by 16 per cent to $26,907 in 2010 from $32,212 in 2009.

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WHAT GIVES YOU THE HEEBIE-JEEBIES?

She says ...

JESSICA NAPIER

Last week I read a story about a 34-year-old British woman who is extremely afraid of metal cutlery. She's been using plastic utensils for 17 years because the sound of a fork scraping against a plate gives her a panic attack.

Bizarre right? But she's not alone. While popular phobias like snakes and spiders might get all of the attention, there are a wide variety of not-so-obvious horrors that give people the heebie-jeebies.

Uncommon fears range from the weird (genuphobia: Fear of knees) to the discriminatory (peladophobia: Fear of bald people) to the incredibly ironic (hippopotomonstrosesquippedaliophobia: Fear of long words).

While these phobias might seem a bit silly, they can cause serious emotional distress.

My co-worker Magda, who is relatively sane for the most part, is terrified of pigeons. The phobia is taking over her life; she won't walk in certain parts of the city and runs shrieking from the subway when one of these "rats with wings" finds its way onto the platform.

"So where does an irrational fear of fromage come from?"

Another friend has a bizarre aversion to cheese. I wouldn't classify her as a full-blown turophobe, but I have seen her run away from a slice of cheddar.

So where does an irrational fear of fromage come from? Are phobias something we inherit in our genes or do we acquire these unusual anxieties over time?

Ever since I can remember I have been inexplicably frightened of elevators. There was no traumatic childhood experience and I am fine with confined spaces but something about them makes me nervous. And so, when my boyfriend and I found ourselves trapped in an elevator last year — because these sorts of things always happen eventually — I was anticipating the worst.

While he gave me a suggestive eyebrow raise and proposed we "take advantage of the situation" (wink, wink) I began shrieking uncontrollably; I was far from turned on by the whole facing my worst nightmare thing

However, after the hyperventilating subsided I realized that, yes, this was my greatest fear come true and yet — it wasn't all that bad. Unnerving and inconvenient maybe, but terrifying? Not so much.

Liberating yourself from a deep-seated phobia can be a long and difficult process, but sometimes it can be as simple as confronting it head on.

I'm over my issues with elevators, but now I have developed a new affliction. It seems that February has brought on a serious case of chionophobia — fear of snow.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Things you do for love

Worth mentioning

It was one long kiss — one world-breaking embrace for mankind.

One determined Thai couple locked lips for 46 hours 24 minutes nine seconds to celebrate Valentine's Day in Pattaya, Thailand, emerging victorious and exhausted after a landmark "kissathon" that organizers claim marked the longest recorded smooch in history.

The previous record of a little more than 32 hours was set in 2009 by a couple in Germany, according to Guinness World Records, whose officials will have to verify the latest milestone for it to become official.

Fourteen mostly Thai pairs entered the contest when it kicked off Sunday at 6 a.m. local time. By yesterday afternoon, half had already beaten the record and were still puckering up at a shopping mall in Pattaya. Passing tourists gawked and smiled at the spectacle, snapping pictures with glowing cellphones.

The winner was announced before dawn early today: A Thai couple from Bangkok named Ekkachai and Laksana Tiranarat.

The pair won a diamond ring worth 50,000 Thai Baht ($1,588), and a 100,000 Baht ($3,177) cash prize.

THE ASSOCIATED PRESS

Smooching spectacle

APICHART WEERAWONG/THE ASSOCIATED PRESS

What's your favourite winter recipe?

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Metro Minute at the Calgary Outdoor Club

The Calgary Outdoor Club is hoping avid climbers will converge at The Crux climbing and bouldering centre tonight.

The club is offering climbing enthusiasts the opportunity to scamper up and down walls at a discounted rate of $10, providing 10 or more people attend.

Attendees must already know how to belay since no training will be provided onsite. The Crux is one of North America's largest indoor climbing centres and is located at 1415–28th St. NE.

Those wishing to attend must register online at calgaryoutdoorclub.com prior to 6 p.m. and then meet at the centre at 7 p.m. METRO

CONTRIBUTED

▶ The Crux features 12,000 square feet of climbing space.

JAE C. HONG/THE ASSOCIATED PRESS

▶ Esperanza Spalding poses backstage with the award for best new artist. The little-known Spalding beat out Canadian hopefuls Drake and Justin Bieber.

The woman who conquered Canada

Jazz singer Esperanza Spalding overcame Bieber fever and Drake, but who is she? 26-year-old already an instructor at a prestigious school

Esperanza Spalding has performed for President Barack Obama, with jazz legends like Herbie Hancock — even before thousands of eager Prince fans.

But the acclaimed jazz singer and bassist was thrust onto the biggest stage of her life Sunday as she captured the best new artist trophy at the Grammy Awards, making history in the process. The 26-year-old Portland, Ore., native became the first jazz artist to win the award in a stunner that saw her defeat Mumford & Sons, Florence and the Machine, rapper Drake, and the heavy favourite, teen pop phenom Justin Bieber.

"I feel really lucky that I got to be acknowledged on this stage in front of so many people who hopefully will get to experience my music, and I got there by doing what's really dear to my heart," said Spalding backstage after her win.

You could say Spalding is the jazz world's Bieber: a young sensation who has been a top-seller in the genre, and with amazing hair, usually worn in a huge Afro. Her talents are deep: She's also a multi-instrumentalist, songwriter, producer and arranger; and was the youngest instructor at the renowned Berklee College of Music.

Her latest album, Chamber Music Society, blended her classical background with her jazz material. She had hoped for a nomination in the jazz categories and was surprised to be nominated for best new artist instead. Things were still surreal for her after her big win: "It's already weird that I'm here, sitting in front of you," she told reporters backstage.

THE ASSOCIATED PRESS

New artist winners

There have been some other big upsets in the new artist category.

- **1977 –** Starland Vocal Band beat out Boston
- **1979 –** A Taste of Honey wins over Elvis Costello and The Cars
- **1990 –** Milli Vanilli wins (award later revoked)
- **1992 –** Marc Cohn wins over Seal
- **1997 –** LeAnn Rimes beats out No Doubt and Jewel
- **1998 –** Paula Cole wins over Puff Daddy

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Unstoppable has plenty of adrenaline

Unstoppable
Genre: Action
Director: Tony Scott
Stars: Denzel Washington, Chris Pine, Rosario Dawson
●●●●
You don't want to be Googling the "inspired by real events" story behind Unstoppable, a runaway train thriller starring Denzel Washington, Chris Pine and Rosario Dawson that has momentum to spare.

The plot can be described in short whistle blasts — Must! Stop! Train! — so don't want to risk ruining the superb suspense by finding out what actually happened in the spring of 2001.

Unstoppable gooses the story — the speed and distance travelled are greater, the risks more terrifying, the heroism more heroic — but the script by Mark Bomback (Live Free or Die Hard) sticks to the blunt facts. Director Tony Scott shoots much of the film as a series of television news reports, which makes it feel at times that we're watching live TV.

PETER HOWELL

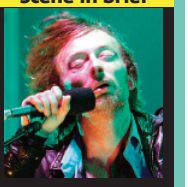
You Will Meet a Tall Dark Stranger
Genre: Comedy/Romance
Director: Woody Allen
Stars: Anthony Hopkins, Naomi Watts, Josh Brolin
●●½
It's not that You Will Meet a Tall Dark Stranger is so bad, because it's not really. But neither is it terribly interesting, despite the presence of such capable talent as Anthony Hopkins, Naomi Watts and Josh Brolin.

Over-written and under-realized, it's Allen in desultory word-processor mode. The whole movie seems a mere set-up for the title joke, which involves a certain hooded gent that attends all of our funerals.

PETER HOWELL

2 scene

Scene in brief



Radiohead is releasing its eighth studio album, this time with a price. The band announced yesterday that its latest release, The King of Limbs, will be available as early as Saturday. Unlike its last pay-what-you-want album, In Rainbows, this one will have a price. Fans can pre-order an MP3 download for $9 or a higher-quality WAV version for $14.

THE ASSOCIATED PRESS

Michael Jackson's dad visits Vietnam, invests in Happyland amusement park

Living the high life

Lady Gaga smokes 'a lot of pot' for musical inspiration

Lady Gaga gets a little help from marijuana when composing songs, she admits to 60 Minutes during an interview with Anderson Cooper.

"I still smoke a lot of pot when I write music," she says. "I'm not gonna, like, sugar coat it for 60 Minutes, that I'm some, like, sober human being, because I'm not."

But the Grammy-winning singer was quick to add: "I don't want to encourage kids to do drugs." METRO

GETTY IMAGES

▶ Lady Gaga

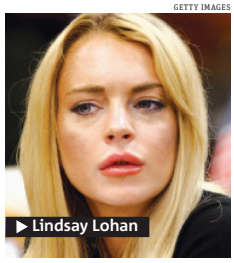
Lohan's lawyer tries new tactic

Lindsay Lohan reportedly couldn't return the $2,500 necklace she's charged with stealing because of her hectic schedule, according to Hollyscoop.

"Ms. Lohan was in possession of the necklace and wanted to give the necklace back to the store the day after she took it from the store, but she was very busy," the actress' assistant says in a police report.

Meanwhile, Lohan's lawyer is trying a new tactic. "The truth is, Ms. Lohan didn't steal anything," Shawn Holley says. "But even if she had, it seems to me that the appropriate charge, based on the fair market value of the goods, should have been petty theft and not grand theft. A $5 lump of coal with a $2,500 price tag is still a $5 lump of coal." METRO

GETTY IMAGES



▶ Lindsay Lohan

THE REEL GUYS WANT ANSWERS FROM REAL METRO READERS!

The 2011 Oscars are coming and The Reel Guys want you to weigh in on the nominations.

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The survey will be emailed to you on Friday February 18, 2011.

REGISTER AT METROLIFEPANEL.CA

metro life panel

Justin Bieber [@justin bieber]

As for the awards...of course I wanted to win. Its been & still is a dream to win a grammy. Was I upset...yes. But I was happy for her also.

Lindsay Lohan [@lindsay lohan]

@LadyGaGa really is amazing!!!!!

Samantha Ronson [@samantha ronson]

I wish the itunes store was a vending machine.

Steve Martin [@Steve MartinToGo]

I've been deposed in Egypt after my one day reign when a policeman told me to "please move along." METRO

Talking points

Will names his best man

Prince William will have his brother by his side when he ties the knot, as Buckingham Palace has announced that Prince Harry will serve as best man for the upcoming royal wedding. Kate Middleton has tapped her sister, Pippa, as maid of honour. METRO

Sheen on the wagon

Charlie Sheen's at home rehab treatment seems to be working, according to TMZ, as the troubled actor has reportedly passed two drug tests in the past two weeks. Sheen has even found the time to deliver an anti-drug speech to the UCLA baseball team, which gave him a standing ovation. His advice was simple: "Stay off the crack. Drink a chocolate milk." METRO

A girl for Posh and Becks?

Despite reports that David and Victoria Beckham are expecting a daughter, the former Spice Girl insists she doesn't know her next child's gender, according to USA Today. "I can go on the record and say contrary to rumours, I do not know the sex of my baby," she says. METRO

Manager of Municipal Services

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Facilities Management at the University of Calgary currently invites applications for a regular full-time Manager of Municipal Services position.

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Sports nutrition to help the rest of us

You may not be an elite athlete, but that doesn't mean you should cut out the carbs An expert at the Canada Games tells Metro why

CELIA MILNE
LIFE@METRONEWS.CA

Don't skimp on carbs if you are active. That message comes from Tristaca Caldwell, an expert in sports nutrition who is on hand to counsel athletes at the Canada Games in Halifax, on now until Feb. 27.

Although few of us need as much fuel as elite athletes, we should be conscious of what our bodies need based on activity level. A low-carb diet — avoiding bread, cereal, rice, pasta and potatoes — often strips weight off but may deprive muscles of fuel.

"If you are doing moderate to high intensity activities, your body relies mostly on carbohydrate and some fat to provide the energy it needs," says Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. "Most of us have enough fat already stored, but we need to provide our bodies with carbs just before we exercise."

In the one to two hours before activity, aim for about 50 to 100 grams of carbs, she says.

Her examples include: a granola bar and a piece of fruit; whole grain toast with peanut butter and jam; a smoothie containing fruit, yogurt and milk; or a small bowl of cereal with milk.

After you exercise, you want to replace some of the carbs you burned and re-fuel for your workout the next day.

Having even five to 10 grams of protein following a workout is all most people need to make sure they maintain and build muscle mass. But in order to have this muscle-building effect, you need carbohydrates.

Examples: chocolate milk, fruit and yogurt, or whole grain crackers and cheese.

Hydrating

There's a lot of confusion about hydrating.

Water If you work out for less than an hour, all you need to drink during your activity is water. If you exercise for more than an hour, you can avoid "hitting the wall" by having 500 ml of a sports drink, water diluted with juice or a sports gel product, says Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. Not sure if you're getting enough liquid? Weigh yourself before and after a workout. "If you weigh more than two pounds less after a workout, you are not consuming enough liquid."

ANDREW VAUGHAN/THE ASSOCIATED PRESS

▶ Saskatchewan's Axel Morin races the men's 3000 metre speed skating event at the 2011 Canada Games in Halifax over the weekend.

MYTHS

How to eat around workouts

Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax, clears up some myths about diet and exercise.

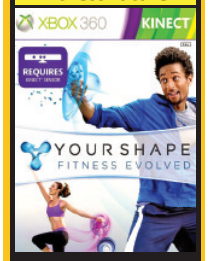
I workout therefore I can eat whatever I want "We need to be concerned not only with the number of calories we're feeding our bodies but where those calories are coming from," says Caldwell. Eat high quality calories (such as complex carbs).

I don't need to eat after my workout. You need to replenish protein and carbs burned. "Pack a snack for after your workout if it's going to be more than an hour until your next meal," recommends Caldwell.

CELIA MILNE

3 life

Fitness future



Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her first story appears on Metronews.ca today and will run twice a week, concluding with a wrap up story in the Feb. 28 edition of Metro.

METRO

Diet Pepsi launches 'skinny' can for fashion week; some critics give it a big no

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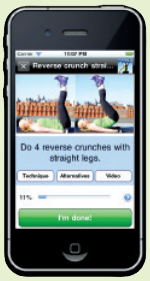
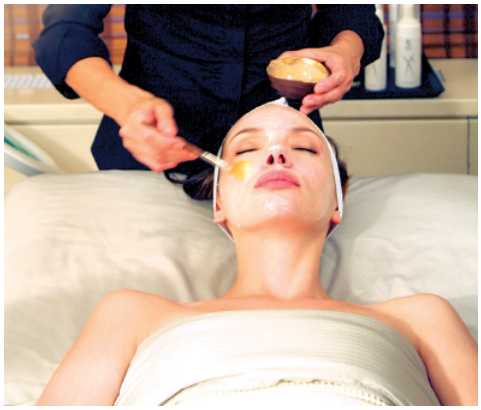
Fitness pick of the week:



The iPhone 'Po workout'

Swedish developer Susanna Jarl is the brain behind the 'Po Workout', a series of 12 fun workout routines that get you sweating with both cardio and strength training exercises (check out the reverse crunch in the photo). Each routine takes between five to 10 minutes and combines leg toning with fat burning or bum firming moves. Upload and share your workout performance on Facebook or Tweet about your hard work. The peer pressure of sharing will keep you motivated all along.

ROMINA McGUINNESS



Get a Geisha's spotless skin

Shizuka Bernstein, creator of the Geisha Facial, tells Metro why nighingale droppings are good for exfoliating.

"Geishas used to cleanse their skin with nightingale droppings to remove their heavy white makeup that contained lead. I tested this and found it to really work. Natural enzymes in the droppings help to exfoliate dead skin cells and guanine (a natural compound found in many cosmetic products) gives the skin a pearly glow. Combining the nightingale droppings with delicate Japanese rice bran enhanced the exfoliating mask and also helped neutralize the smell," Bernstein said.

You can find out more at shizukany.com.

METRO

Grow a healthy love year-round

Celebrate your partners without breaking the bank

DAILY SQUEEZE

LISA BORDEN
A GREEN LIVING CONSULTANT FOR LEADING COMPANIES, AND OWNER OF BORDEN COMMUNICATIONS + DESIGN INC. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

ISTOCK PHOTOS

▶ Cultivate a healthy love all year round.

Store shelves are now brimming with leftover 'tchotchkes' — from commercially manufactured greeting cards to plastic-wrapped, imported carnations and roses — that can really take its toll on our environment.

This year, celebrate your sweetie all year round without breaking the bank — or the Earth's heart. It's really not that difficult and the benefits include a happier, warmer relationship with someone you love.

Here's how.

1. Shower Together

Did you know that showers account for 22 per cent of individual water use in North America? So cut down (and double your fun) by doubling up. Want to show a little extra love? Give your sweetheart a few great organic soaps wrapped in a luxurious, organic bathrobe.

2. Engage in Pillow Talk

A Pleasure Pillow by Mette Vangso is the ultimate luxurious gift. Each beautiful pillow — filled with organic buckwheat — molds to your curves, keeping the heat or chill exactly where you need it.

3. Raise a glass

But first, fill it with something local and pesticide-free. Look for Southbrook, Malivoire, or other organic wines that use sustainably grown grapes. (For a healthy brew, try Mill Street Organic.)

4. Screen something

Brew your favourite loose-leaf tea in a French Press (no tea bags means no bleach, strings or staples required), or a fair-trade, organic, hot cocoa while watching a movie (try Chemerical or Food Inc.).

5. Indulge

Soothe the soul and tickle the palate with a little dark, organic, fair-trade chocolate. In addition to preventing heart disease and cancer, the dark stuff has been shown to improve mood by boosting the brain chemical serotonin.

6. Experience it together

Take a cooking class. Visit a famous attraction. Go mini-golfing or bowling. Get tickets to a concert or play, or try a new restaurant with a local and sustainable menu.

7. Give a rose bush instead of roses

Think local, think organic and think about buying the whole plant, tree or herb, so that it can be enjoyed all year-long.

Find more healthy news at DailySqueeze.ca.

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- Hear sounds or voices that aren't really there?
- Have trouble communicating clearly?
- Feel that you are not in control of your own thoughts?
- See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.
The NAPLS study is trying to learn more about what happens biologically and clinically when a person develops a psychotic disorder. Changes in mood, thinking and behavior may be the early signs that you or someone you know are at risk for psychosis.
If you are eligible for NAPLS, participating in this study will give you the opportunity to receive extensive mental health assessments and brain imaging.
Hotchkiss Brain Institute
For more information contact us at:
403-210-8740 or napls@ucalgary.ca
Faculty of Medicine | University of Calgary
This study has been approved by the Conjoint Health Research Ethics Board (Ethics ID: 22020)

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ISTOCK

Ribs with Coffee Barbecue Sauce

Prep time: 20 mins
Marinating: 2 hrs
Cook time: 1 hr 30 mins

EMILY RICHARDS
FOOD@METRONEWS. CA

Ingredients:

- 2 cups (500 mL) brewed coffee
- 1 cup (250 mL) molasses
- ½ cup (125 mL) mango chutney
- ½ cup (125 mL) apple cider vinegar
- 1/2 cup (125 mL) ketchup
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) hot pepper sauce
- 4 racks (about 4 lbs/2 kg) pork baby back ribs

Preparation:

1. In a saucepan combine coffee, molasses, chutney, vinegar, ketchup, Worcestershire sauce, salt and hot sauce; bring to boil. Reduce heat and simmer about 15 minutes.
2. Cut ribs into 2-rib portions. Place in roasting pan. Pour sauce over ribs and let cool. Cover with foil and refrigerate for at least 2 hours.
3. Bake, covered in 325 F (160 C) oven for 1 hour. Uncover and turn ribs, bake for 30 minutes or until meat almost falls off the bone. Remove ribs to serving platter. Spoon off fat from barbecue sauce and pour into pitcher; serve with ribs.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

This diner may be an oldie, but it's a goodie

Lindo Café is a no-frills eatery serving up tried, tested and true dishes

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

ANDREE LAU

The breaded veal cutlets are paired with crinkle fries and frozen veggies.

From the faded neon sign to the working table jukeboxes, the Lido Café has withstood the test of time, serving Chinese and Western dishes.

Ten bucks goes a long way. Daily specials like two breaded veal cutlets ($9.95) filled my plate along with crinkle fries and a big heap of frozen vegetables.

The deal came with soup (chicken noodle that day) and dessert.

The steak sandwich ($9.95) was a common man's version, strangely cut into a square to match the two slices of buttered whole wheat toast underneath. The beef was adequate and cooked to order.

The Chinese lunch combo ($7.95) was piled high with chicken chop suey, sweet and sour pork and fried rice. The pork was fresh, but the rice was bland. Usual suspects of lemon chicken or chow mein are also available.

The Lido is no-frills but sometimes that fits the bill.

Lindo Café
144 10th St. N.W.
403-283-1031
Price range: $1.50 - $14.88
Reservations: No
Quick solo lunch: Yes
Rating: 2.5 out of 5

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Get your career started in the aviation industry in one of the following programs: Aircraft Structures Technician, Avionics Technology and Aircraft Maintenance Engineers Technology. Programs are offered at the state-of-the-art facility, the Art Smith Aero Centre, which is located near the Calgary International Airport.

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Call 403.284.7018 or E-mail: aerocentre@sait.ca to confirm your attendance or for more information.

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Contact our dedicated student advisor, Allyson Foster, at allyson.foster@sait.ca or 403.284.8743 to confirm your attendance.

FURTHER YOUR PASSION

SAIT POLYTECHNIC

▶ Henry & Jennifer

REVERSE EFFECT OF PLAYING CUPID

Names: Henry, 20, and Jennifer, 20

Current city: Toronto

Together since: 2005

Their story:

It wasn't so much about how we met, but how we actually ended up together...

After I (Jennifer) met my very first high-school friend in a technology class, she and I immediately started scoping out the boys at school. And she quickly honed in on one guy in particular — Henry.

After that, my friend and I spent most of our lunch hours stalking him!

So, I secretly added Henry on MSN with the intention of telling him about my friend and then surprising her with my covert matchmaking.

But after Henry and I chatted and got to know one another, it was actually he and I who made a match.

We went on many secret lunch dates and love was definitely in the air. Lucky for me, my girlfriend moved on to the next hot guy at school, so she didn't mind that Henry and I were together!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

ARE YOU SINGLE BY CHOICE OR BY LUCK?

I'm in my 30s, in good shape, pretty, smart — my friends say I'm a good catch. So why is it that I'm single? The men I meet are either way too keen, which is kind of a turn-off, or total players, which should be a turn-off but isn't. Either way, I'm still alone. Please help!

Andrea: Dear 30s, you obviously don't need a paper bag over your head to get lucky, so the question is: Is it possible that you're choosing to be single?

If you're carrying emotional baggage, you need to unload. Otherwise, your date won't have a chance at making you feel adored and adorable.

You'll be too busy wondering what he's thinking, where it's going, and end up in a straight-jacket.

Time for self-empowerment: Imagine if you switched roles, and you swept him off his feet. What kind of guy would be worthy? How would you do it?

When you look at it from this angle, you become more confident about your wants and needs, and maybe even have the guts to go after it. If you're still in the slumps after all this, forget Mr. Right and go find a Mr. Right Now.

You're way too stressed out.

Claire: Dear you-remind-of-me, the good news is that you sound so awesome that I'd date you.

The bad news is that you don't sound sure about what kind of man you want, and your uncertainty radiates off you like Britney Spears' latest perfume.

So stop trying for a couple of weeks, and stop thinking about it. Then write down five things you don't want in a man, followed by five things you do want.

Keep it simple but clear.

And when you do get back out there, consider that you don't have to respond to every man who hits on you: Ignore the player, and give the keener a chance.

And as my wise sister says, feel free to go after the one you want, too (even if he hasn't yet gone after you). What do you have to lose?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

4

WHATEVER YOUR SITUATION, METRO'S GOT YOU COVERED

SHOPPING FOR MR. RIGHT
How to Choose the Right Guy and Get the Most Out of Him, $18.95

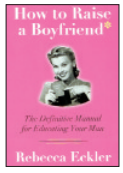
▶ Author J.M.Kearns acts as your coach as he takes you on the ultimate shopping trip in this book. Kearns explores a variety of questions for those on the trail of the "man-beast."

ATTACHED
The New Science of Adult Attachment and How it Can Help You Find — and Keep — Love, $31

▶ This book by Amir Levine, and Rachel S.F. Heller, takes a scientific approach to relationships. The authors reveal how an understanding of adult attachment can help us find and sustain love.

HOW TO RAISE A BOYFRIEND
The Definitive Manual for Educating Your Man, $22.95

▶ Written by Canadian journalist and author Rebecca Eckler, this book equates men with children, in that they both need to be "raised." Light-hearted and funny, the book offers tips and tricks to creating an enlightened boyfriend.



HAPPILY EVER AFTER MARRIAGE
A Reinvention in Mid-Life, $21

▶ Sarah Hampson takes a different spin on the subject of relationships, delving into the world of the divorced. After 18 years of marriage and three children, Hampson became divorced from her husband.

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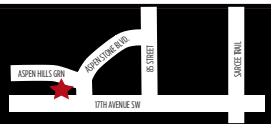

rightplacerighttime.ca

MOSAIC ASPEN HILLS

Red roses, red flags

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

It's the day after Valentine's, you've exchanged treats with your sweetie and all is well. Or is it?

Love should be all about romance and passion but the fact is money problems are a prime killer of relationships over time. If you aren't financially compatible with your partner the stress mounts up.

Most people wouldn't dream of choosing a mate based on their financial personality — unless, of course, you're looking for a sugar daddy or mommy. But how a person handles their money does reflect elsewhere in life.

As a public service to all the Valentines out there, here are nine, totally unromantic red flags to warn of a potentially disastrous relationship.

ISTOCK

▶ When it comes to your partner's financial history, love can certainly be a battlefield.

1. Lives at home but has no savings.
2. Has a modest or part time income (nothing wrong with that) but doesn't show any interest in working full time or bettering themselves.
3. Borrows money from you and has to be asked for it's return. (Make this a double red flag if he or she borrows money on a first date.)
4. Regularly borrows money from family members.
5. Uses a cheque cashing or pay day loan service.
6. Can't exactly explain what he or she does for a living — the last time I ran into this the charming fellow had a grow op in his basement, but said he was into import/export.
7. Has stacks of unopened bills.
8. Makes lots of cash withdrawals.
9. Shows a reluctance or impatience to talk about anything financial.

If some of these red flags pop up, move cautiously. People can get very defensive about money so talking might be difficult. But don't give up because if you can't discuss every aspect of money you'll have serious problems down the road.

One way to break the financial ice — or relationship — is to suggest trading credit reports. This is the litmus test. If your main squeeze is still taking your phone calls the next day, you may have found yourself a keeper.

Money matters

- 86 per cent of couples argue about money
- 48 per cent of couples don't share the same money management philosophy. **SOURCE: CREDIT EDUCATION WEEK CANADA**

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

MY DIGITAL DOUGH

Ever forgot to pay a bill? Are your bank statements buried under heaps of paper in your kitchen? It's hard to keep your financial life on track and set goals for the future without organization.

Many online banks have recently developed "money trackers" which help you categorize and analyze your budget, expenses, savings and net worth; automatically rolling the information into slick looking pie charts and spreadsheets. These user friendly platforms will also keep track of important dates like when your mortgage is up for renewal. My favourite part about them is they're free for online banking customers!

You might run into some snags if you've got money scattered across multiple banks. Try to consolidate accounts so you're dealing with one or two institutions.

Unless you've gone totally digital, you're receiving important documents by mail — insurance and bank statements, health records, bills, education records, certificates, receipts, etc. Don't chuck these in the trash. You might need them for taxes, audits, or proving to a future employer you've completed high school.

Separate the paper into file folders with categories like "utility bills" or "RRSP statements." Then, store them in a basic filing cabinet — nothing fancy — pick up a cabinet on e-bay or Craigslist for less than $50. Order files alphabetically or by date. Avoid files labeled "other" because they'll become a dumping ground where you to can't find anything.

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▶ Take care of those savings, and watch them grow.

How safe is your nest egg?

Not all RRSP funds are protected by the federal government
Here's a look at what is covered and what is not covered

Each time you contribute to a Registered Retirement Savings Plan (RRSP) you're likely envisioning a secure and comfortable retirement. But just how secure is it? Knowing if these hard-earned, tax-sheltered savings are well protected will help you make important investment decisions and plan for a worry-free retirement.

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization that exists to protect the savings of Canadians. CDIC insures eligible deposits held in an RRSP separately from other eligible deposits, up to a maximum of $100,000.

For example, suppose that you have a savings account at ABC Bank and you also have a savings account within an RRSP at the same bank.

If ABC Bank fails or goes bankrupt, both accounts will be protected separately, up to $100,000, for a total of up to $200,000 in deposit insurance protection.

Although bank failures in Canada are rare, they have happened in the past and could happen again. That is why it is important to know if your retirement savings are protected by CDIC.

In addition to savings accounts, other financial products within your RRSP may be automatically insured by CDIC deposit insurance. GICs or other term deposits with an original term maturity of five years or less will also be protected (provided they are held in Canadian currency at a CDIC member institution). It is important to remember though that regardless of how many accounts or financial products you have in an RRSP registered in your name and in the same financial institution, the total combined coverage is still $100,000.

Keep in mind that not every deposit within an RRSP is protected by CDIC deposit insurance. Investment products such as mutual funds, stocks, bonds, treasury bills, and term deposits that mature in more than five years are examples of investments within an RRSP that are not protected. The RRSP must also be held in a CDIC member institution, such as a bank, trust company or loan company for it to be eligible for deposit insurance coverage. For more information on what's protected, visit www.cdic.ca.

Make informed investment decisions when contributing to your RRSP. Whether you are new to the workforce or planning for retirement, you can take comfort in the fact that eligible deposits within your RRSP are protected by CDIC.

NEWS CANADA

Know what's insured

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization responsible for protecting the savings of Canadians in the event their financial institution fails or goes bankrupt. CDIC provides automatic protection on eligible deposits within your Registered Retirement Savings Plan (RRSP) up to $100,000.

100k
That's the limit of government coverage for your RRSP. However, the same limit also applies separately to your non-RRSP savings, for a total coverage of $200,000.

Read on for more information on what's covered and what's not.

What's covered?
Eligible savings within your RRSP held in Canadian currency at CDIC member institutions, such as banks, loan companies and trust companies, will be automatically insured up to $100,000.

CDIC insures eligible deposits held in an RRSP separately from other eligible deposits.

Eligible deposits include:
- Savings accounts
- GICs or other term deposits with an original term to maturity of 5 years or less
- Debentures issued by loan companies

What's not covered?
CDIC does not insure foreign currency deposits such as U.S. currency accounts.

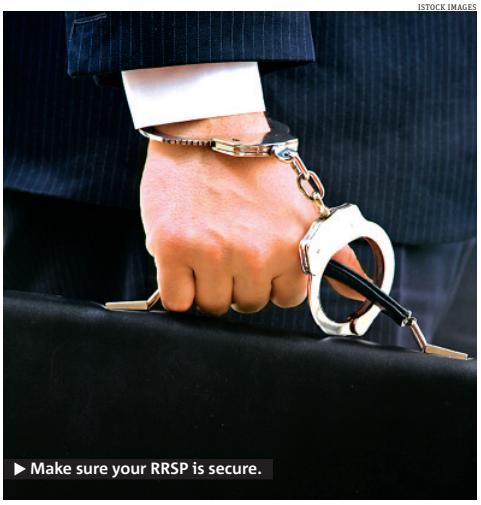
CDIC also does not protect against fraud, theft or scams.

Products that are not eligible for deposit insurance include:
- Mutual funds
- Stocks
- Bonds
- Treasury bills
- Term deposits that mature in more than five years

You can calculate your savings protection online at cdic.ca.

NEWS CANADA

ISTOCK IMAGES


▶ Make sure your RRSP is secure.

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It's RRSP time: So stop making excuses

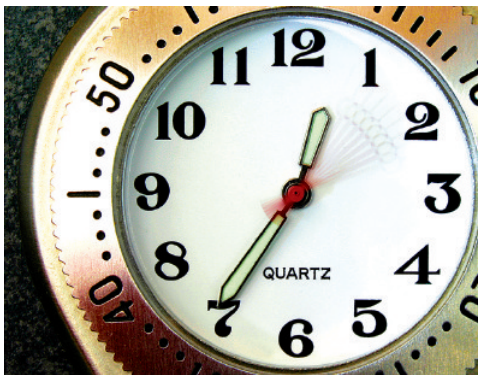
INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

Excuses, excuses! People come up with all kinds of excuses for any number of reasons or occasions: the dog ate my assignment; the cheque's in the mail; I'll clean the driveway when it stops snowing.

The same principle applies to Canadians contributing to their Registered Retirement Savings Plans (RRSPs). Canadians now have about $500 billion in unused RRSP contribution room, and that number grows every year.

"Everybody procrastinates about something, like going to the doctor," says Sara Kinnear, Senior Tax and Estate Planning specialist with Investors Group in Winnipeg. "But when it comes to money and retirement planning, there are about seven top excuses that we see the most."



The first is that I'm young, I have lots of time to worry about my retirement and it's too far in the future to worry about now.

"The truth of the matter is that the sooner you start saving the longer your money has time to work for you," Kinnear says. "We try and encourage people to start saving as soon as they start working, but that's often hard to communicate to a young adult whose retirement is a long way off."

Financial advisers and experts recommend that people start an automatic or pre-authorized withdrawal plan from their pay cheques as soon as they can.

Another common excuse is that there are too many other financial priorities, such as saving to buy a house or car, a vacation or a child's education.

"There will always be competing interests for your money but you've got to make some decisions — like do I want those lattes now or a good retirement later," Kinnear says. "If you look at your budget you probably can find some wiggle room, things you can cut out like lattes or restaurant meals that can fritter away your money."

"I'll catch up later" is another common theme for not contributing to your RRSP. "This is the clarion call of all procrastinations, like waiting till the last minute and pulling an all-nighter to do your term paper," Kinnear says.

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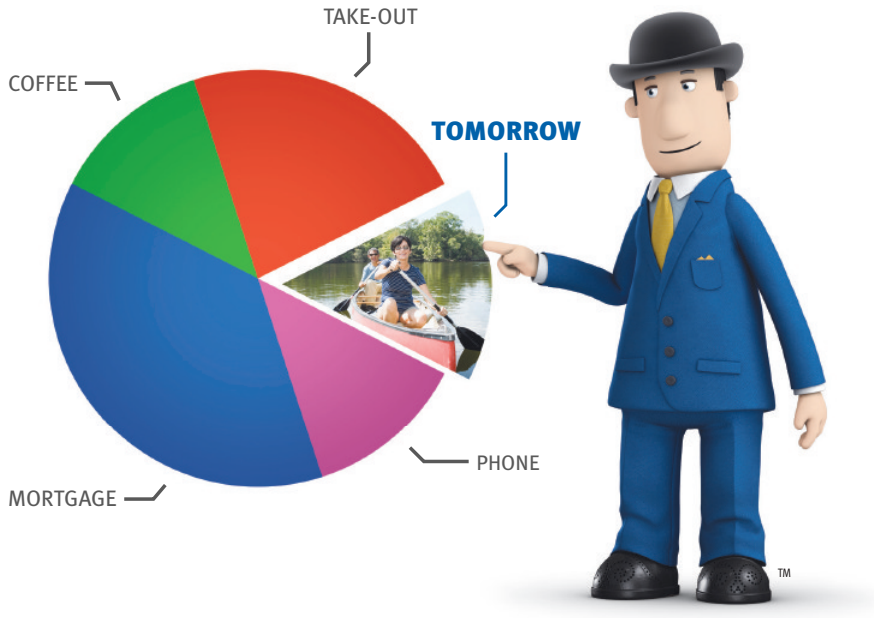

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4 sports

Leafs send Versteeg to Flyers

Brian Burke made his second trade within a week, sending forward Kris Versteeg to the Philadelphia Flyers for first- and third-round draft picks in 2011.

Versteeg's tenure with the Maple Leafs lasted just 53 games. In Philadelphia, he will get an opportunity to win the Stanley Cup for the second straight year. The 24-year-old was part of the Chicago Blackhawks team that beat the Flyers last spring.

Burke refused to wave the white flag on his team's season after acquiring Joffrey Lupul from Anaheim last week, but appears to have had a change of heart.

This deal gives Toronto something it didn't have — a first-round pick, although the selection will come late because Philadelphia is challenging for the Presidents' Trophy.

Versteeg was one of Burke's biggest off-season additions last summer, arriving from Chicago for Viktor Stalberg and prospects Chris DiDomenico and Phillippe Paradis.

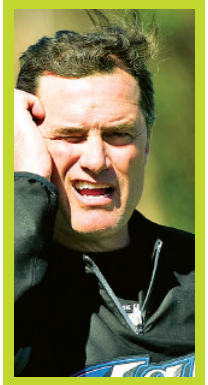
However, he wasn't able to take the next step on a struggling team and had recently settled into a role on the Leafs' third line. He was sixth in team scoring with 35 points (14 goals, 21 assists) in 53 games.

Versteeg is set to earn $3.083 million US next season in the final year of his contract. THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Kris Versteeg

Quoted



"There's been no number placed on wins as a goal. To me, that's counter-productive. Our main focus will be on the things that we can control."

BLUE JAYS MANAGER JOHN FARRELL ON HIS OUTLOOK FOR THE SEASON.

Raonic still coming to grips with success

Ontario tennis player jumps 25 places in ATP rankings after win in San Jose, now ranked No. 59

Milos Raonic says his stunning accomplishments on the tennis court in the last two months have yet to sink in.

Following last month's surprising fourth-round showing at the Australian Open, the 20-year-old Raonic upset ninth-ranked Fernando Verdasco in Sunday's final at the SAP Open to become the first Canadian since Greg Rudsedski in 1995 to win an ATP Tour tournament.

That victory in San Jose, Calif., made him the youngest ATP winner since Marin Cilic took New Haven in 2008 as a 19-year-old.

It also saw Raonic, who grew up in Thornhill, Ont., jump 25 places to No. 59 in yesterday's ATP Tour rankings after starting the year at 156th.

"I haven't grasped what happened and how it changed everything," Raonic said on a conference call from Memphis, Tenn. "Right now is not the time to think about that."

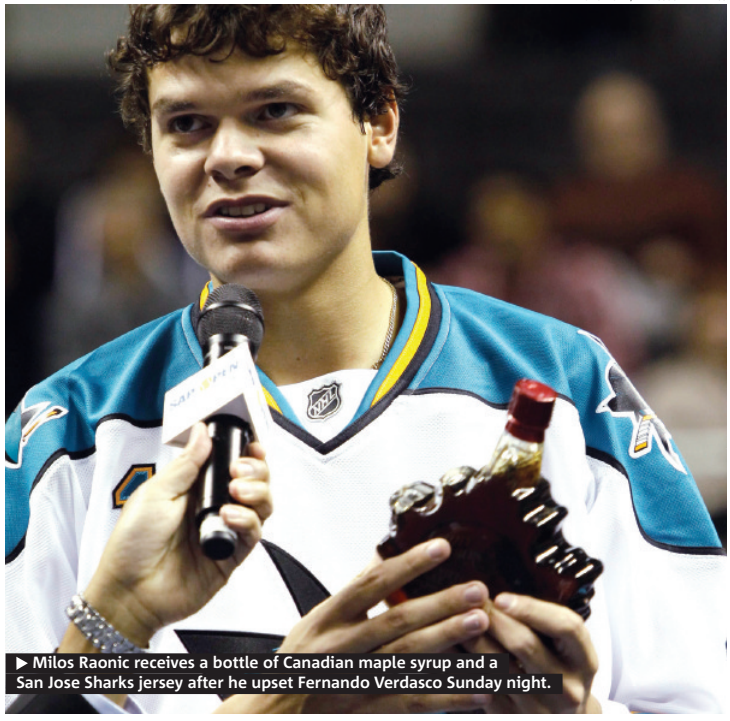
"The positive thing is there's a lot to work on, so there's space for improvement."
MILOS RAONIC

It's been a wild year for the six-foot-five right-hander with the thundering serve, who several experts feel will almost certainly be a top-10 player one day.

At the Australian Open, he downed 10th-seeded Mikhail Youzhny and No. 22 Michael Llodra to reach the round of 16, where he fell to Spaniard David Ferrer.

THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS



▶ Milos Raonic receives a bottle of Canadian maple syrup and a San Jose Sharks jersey after he upset Fernando Verdasco Sunday night.

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Flames put a beating on Avs

Jarome Iginla scored twice last night as the Calgary Flames embarrassed the deflated Colorado Avalanche 9-1.

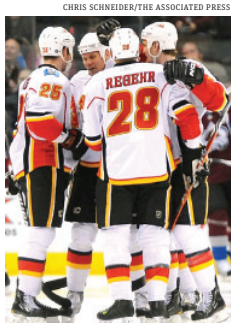
Olli Jokinen and David Moss had a goal and three assists each and Curtis Glencross also scored two goals for the Flames.

Anton Babchuk, Alex Tanguay and Matt Stajan also scored and Miikka Kiprusoff had 17 saves for the Flames, who scored five goals in the first period. Backup goalie Henrik Karlsson played the final 6:51 and made five saves.

THE ASSOCIATED PRESS

9	1
FLAMES	AVALANCHE

CHRIS SCHNEIDER/THE ASSOCIATED PRESS



Sports in brief

Forsberg ends bid to make comeback

NHL. Colorado Avalanche forward Peter Forsberg is retiring from the NHL after playing in just two games during his latest comeback.

He took the ice in just two road games, recording no points, before deciding to call it a career.

THE ASSOCIATED PRESS

Tiger sorry for spitting

DUBAI DESERT CLASSIC. Tiger Woods apologized after he was fined an undisclosed sum by the European Tour yesterday for spitting on the green during the final round of the Dubai Desert Classic.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	55	36	14	2	3	182	139	77	19-8-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	56	34	17	3	2	172	172	73	19-6-1-1	15-11-2-1	8-2-0-0	W1
d-Boston	56	31	18	2	5	172	135	69	15-11-1-2	16-7-1-3	5-5-0-0	L2
Pittsburgh	58	35	19	2	2	173	141	74	20-10-1-0	15-9-1-2	6-4-0-0	L2
Montreal	57	31	20	4	2	151	143	68	19-7-3-2	12-13-1-0	5-3-0-2	W1
Washington	57	29	18	5	5	153	143	68	17-7-2-5	12-11-3-0	4-4-0-2	L3
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	57	27	22	4	4	168	175	62	14-9-1-1	13-13-3-3	4-4-2-0	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Buffalo	54	26	22	6	0	161	162	58	12-12-2-0	14-10-4-0	7-2-0-1	L1
Florida	55	24	24	3	4	146	148	55	12-9-3-3	12-15-0-1	3-4-1-2	W1
Toronto	56	23	27	3	3	144	174	52	13-11-3-2	10-16-0-1	4-5-1-0	L2
New Jersey	56	22	30	3	1	120	158	48	12-13-2-1	10-17-0-1	8-1-1-0	W4
NY Islanders	56	20	29	3	4	151	186	47	10-13-1-3	10-16-2-1	5-5-0-0	W3
Ottawa	56	18	30	5	3	126	186	44	9-15-2-2	9-15-3-1	1-7-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	57	36	12	4	5	192	136	81	20-4-1-4	16-8-3-1	7-2-0-1	L1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Phoenix	58	30	19	6	3	165	162	69	14-10-3-2	16-9-3-1	6-4-0-0	W5
Dallas	56	31	19	2	4	159	158	68	17-8-2-3	14-11-0-1	3-6-1-0	L1
Anaheim	57	32	21	2	2	159	157	68	17-8-0-1	15-13-2-1	8-2-0-0	W4
Nashville	56	30	19	4	3	150	133	67	13-5-3-3	17-14-1-0	5-4-0-1	W2
San Jose	57	30	21	4	2	158	151	66	13-10-2-1	17-11-2-1	7-2-0-1	L2
Calgary	59	29	22	3	5	177	173	66	16-9-1-2	13-13-2-3	7-1-1-1	W1
Minnesota	55	30	20	1	4	146	145	65	14-11-0-2	16-9-1-2	8-2-0-0	W3
Los Angeles	56	31	22	2	1	156	132	65	17-9-1-0	14-13-1-1	7-1-1-1	W2
Chicago	56	28	22	2	4	177	158	62	16-13-0-0	12-9-3-3	4-4-1-1	L2
Columbus	56	28	23	3	2	152	168	61	14-13-0-1	14-10-3-1	7-3-0-0	W2
St. Louis	55	25	21	4	5	148	164	59	17-8-1-3	8-13-3-2	3-4-2-1	W1
Colorado	57	25	26	6	0	171	195	56	14-14-3-0	11-12-3-0	1-9-0-0	L8
Edmonton	56	16	32	1	7	137	193	40	7-17-1-3	9-15-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 9 Colorado 1
St. Louis 3 Vancouver 2
Phoenix 3 Washington 2
Sunday's results
Carolina 3 Atlanta 2
Columbus 2 Dallas 1
Detroit 4 Boston 2
Florida 3 San Jose 2
Los Angeles 1 Philadelphia 0
N.Y. Islanders 7 Buffalo 6 (OT)
N.Y. Rangers 5 Pittsburgh 3
Anaheim 4 Edmonton 0
Tonight's games
Toronto at Boston, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
San Jose at Nashville, 8 p.m.
Vancouver at Minnesota, 8 p.m.
Dallas at Edmonton, 9 p.m.

BLUES 3, CANUCKS 2

First Period
1. St. Louis, McDonald 10 (Nikitin, Pietrangelo) 5:10 (pp)
2. Vancouver, H.Sedin 13 (Salo, Burrows) 10:15
3. St. Louis, Steen 16, 12:17
Penalty — Ehrhoff Vcr (hooking) 5:01.
Second Period
4. St. Louis, Berglund 15 (Pietrangelo, McDonald) 17:29 (pp)
Penalties — Burrows Vcr (interference) 0:29, Bieksa Vcr (slashing) 6:17, Backes StL (roughing) 11:12, Bieksa Vcr (delay of game) 16:09, Rome Vcr (holding) 18:44.
Third Period
5. Vancouver, Hansen 7 (Torres, Ehrhoff) 1:47
Penalties — None.
Shots

Vancouver	6	8	11—25
St. Louis	11	14	9—34

Goal — Vancouver: Luongo (L,27-9-7); St. Louis: Halak (W,19-17-6). **Power plays (goals-chances)** — Vancouver: 0-1; St. Louis: 2-5.
Referees — Tim Peel, Mike Leggo.
Linesmen — Ryan Galloway, Darren Gibbs.
Att. — 19,150 (19,150) at St. Louis, Mo.

SUNDAY
DUCKS 4, OILERS 0

First Period
1. Anaheim, Selanne 17 (Blake, Lilja) 0:34
Penalties — Perry Ana (tripping) 2:43, Petry Edm (holding) 11:56, Lilja Ana (boarding) 18:42.
Second Period
2. Anaheim, McMillan 8 (Sexton, Lapierre) 15:24
3. Anaheim, Ryan 26 (Perry, Getzlaf) 16:38
Penalties Parros Ana, MacIntyre Edm (fighting) 7:40.
Third Period
4. Anaheim, Ryan 27 (Perry, Getzlaf) 1:31
Penalties — Beauchemin Ana (interference), MacIntyre Edm (roughing) 2:53, Sutton Ana, Peckham Edm (fighting) 5:53, Sbisa Ana, Smid Edm (fighting) 6:24, Hemsky Edm (holding) 9:33, Hemsky Edm (boarding) 11:43, Omark Edm (holding) 13:56.
Shots

Anaheim	7	7	8—22
Edmonton	5	4	3—12

Goal (shots-saves) — Anaheim: Hiller (W,26-16-3); Edmonton: Dubnyk (L,6-7-6)(15-11), Khabibulin (1:31 third)(7-7). **Power plays (goals-chances)** — Anaheim: 0-4; Edmonton: 0-3.
Referees — Stephane Auger, Bill McCreary.
Linesmen — Derek Nansen, Vaughan Rody.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	40	34	74
D.Sedin, Vcr	29	44	73
H.Sedin, Vcr	12	55	67
Crosby, Pgh	32	34	66
St. Louis, TB	20	46	66
B.Richards, Dal	24	39	63
Perry, Ana	28	33	61
Zetterberg, Det	17	44	61
E.Staal, Car	27	29	56
Ovechkin, Wash	21	35	56
Kesler, Vcr	32	22	54
Iginla, Cal	23	31	54
Eriksson, Dal	18	35	53
Kopitar, LA	17	36	53
Selanne, Ana	17	36	53
Giroux, Pha	19	32	51
Toews, Chi	19	31	50
Backstrom, Wash	14	36	50
Sharp, Chi	28	21	49
J.Carter, Pha	26	23	49
Nash, Clb	26	23	49
M.Richards, Pha	17	32	49
Vanek, Buf	22	26	48
Havlat, Minn	16	32	48
Tavares, NYI	21	26	47
Heatley, SJ	19	28	47
M.Koivu, Minn	14	33	47
Ribeiro, Dal	10	37	47
Briere, Pha	27	19	46
Duchene, Col	20	26	46
P.Kane, Chi	18	28	46
J.Thornton, SJ	14	32	46
Yandle, Phx	9	37	46
Ryan, Ana	27	18	45
Skinner, Car	21	24	45
P.Bergeron, Bos	19	26	45
Plekanec, Mtl	19	26	45
Hejduk, Col	17	28	45
J.Williams, LA	19	29	44
MacArthur, Tor	17	27	44
P.Stastny, Col	17	27	44
Clowe, SJ	14	30	44
Datsyuk, Det	14	30	44
T.Ruutu, Car	13	31	44
Lidstrom, Det	11	33	44
Letang, Pgh	8	36	44
Franzen, Det	26	17	43
Byfuglien, Atl	17	26	43
Visnovsky, Ana	8	35	43
Grabovski, Tor	22	20	42
Dubinsky, NYR	19	23	42
Ladd, Atl	19	23	42
Tanguay, Cal	14	28	42
Ra.Whitney, Phx	10	32	42
Enstrom, Atl	8	34	42
Kulemin, Tor	21	20	41
Marleau, SJ	21	20	41
Bickas, StL	20	21	41
Umberger, Clb	19	22	41
Elias, NJ	13	28	41
Getzlaf, Ana	13	28	41

Not including last night's games

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	7	5	2	.714	78	67	—
Buffalo	6	4	2	.667	69	57	½
Rochester	6	4	2	.667	61	64	½
Boston	8	5	3	.625	85	70	½
Philadelphia	7	3	4	.429	59	72	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	7	4	3	.571	79	78	—
Minnesota	6	3	3	.500	68	64	½
Washington	8	3	5	.375	95	101	1½
Edmonton	7	2	5	.286	73	85	2
Colorado	6	1	5	.167	53	62	2½

WEEK SEVEN
Friday's games
Rochester at Toronto, 7:30 p.m.
Colorado at Washington, 11 p.m.
Saturday's games
Philadelphia at Buffalo, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Boston at Minnesota, 8:30 p.m.
Sunday, Feb. 20
Calgary at Edmonton, 4 p.m.
Minnesota at Colorado, 8 p.m.

CURLING

ONTARIO TANKARD CHAMPIONSHIP

At Grimsby, Ont.

Skip (Hometown)	W	L
x-Peter Corner (Brampton)	8	2
x-Glenn Howard (Coldwater)	8	2
x-Greg Balsdon (Toronto)	7	3
x-John Epping (Peterborough)	7	3
Mark Bice (Sarnia)	6	4
Chris Gardner (Renfrew)	5	5
Dale Matchett (Bradford)	4	6
Mark Kean (Ajax)	3	7
Howard Rajala (Ottawa)	3	7
Nick Rizzo (Brantford)	3	7
Jake Higgs (Harriston)	1	9

x — clinched playoff berth.
Yesterday's results
SEMIFINAL
Greg Balsdon 9 Peter Corner 4
CHAMPIONSHIP
Glenn Howard 10 Greg Balsdon 3
Saturday Results
PAGE PLAYOFFS
One vs. Two
Glenn Howard 11 Peter Corner 5
Three vs. Four
Greg Balsdon 10 John Epping 4

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	26	16	9	1	57	25	57
Arsenal	26	16	5	5	56	27	53
Man City	27	14	7	6	43	24	49
Tottenham	26	13	8	5	37	28	47
Chelsea	26	13	6	7	46	22	45
Liverpool	27	11	6	10	35	32	39
Sunderland	27	9	10	8	33	33	37
Bolton	27	9	9	9	38	37	36
Stoke	26	10	3	13	31	33	33
Newcastle	26	8	8	10	40	38	32
Blackburn	27	9	5	13	34	42	32
Fulham	27	6	13	8	28	28	31
Everton	26	6	12	8	33	36	30
Birmingham	25	6	12	7	25	33	30
Aston Villa	27	7	9	11	31	46	30
Blackpool	26	8	5	13	39	50	29
West Brom	26	7	6	13	34	51	27
Wigan	27	5	12	10	27	45	27
West Ham	27	5	10	12	30	48	25
Wolverhampton	26	7	3	16	26	45	24

Yesterday's result
Fulham 0 Chelsea 0

SPAIN

LA LIGA

Yesterday's result
Mallorca 1 Athletic Bilbao 0

TRANSACTIONS

MLB

AMERICAN LEAGUE

NEW YORK YANKEES—Designated RHP Brian Schlitter for assignment. Agreed to terms with OF Andruw Jones to a one-year contract.
TORONTO BLUE JAYS—Voided the contract of RHP Brian Stokes.

NATIONAL LEAGUE

CHICAGO CUBS—Agreed to terms with RHP Carlos Marmol on a three-year contract.
NEW YORK METS—Named Brian Chicklo minor league training coordinator, Joe Golia athletic trainer for Buffalo (IL) and Matt Hunter athletic trainer for Binghamton (EL).

NBA

NEW ORLEANS HORNETS—Released G-F Sasha Pavlovic.
SACRAMENTO KINGS—Fined F-C DeMarcus Cousins for fighting with a teammate after a Feb. 12 game against Oklahoma City.

NFL

ATLANTA FALCONS—Named Bob Bratkowski quarterbacks coach.
BALTIMORE RAVENS—Signed coach John Harbaugh to a three-year extension through 2014.
CLEVELAND BROWNS—Named Chris Beake offensive coach, Chuck Bullough defensive coach, Shawn Mennenga special teams coach, Ray Rhodes senior assistant-defense coach, Keith Gilbertson senior assistant-offense coach. Announced running backs coach Gary Brown, tight ends coach Steve Hagen, defensive backs coach Jerome Henderson, strength and conditioning coach Kent Johnston, assistabt strength and conditioning coach Rick Lyle, assistant to the head coach Luke Steckel and offensive line coach George Warhop will be retained from last year's staff.
NEW YORK JETS—Named Bill Hughan strength and conditioning coach.
OAKLAND RAIDERS—Named Rod Woodson cornerbacks coach.

NHL

ATLANTA THRASHERS—Assigned D Arturs Kulda to Chicago (AHL).
CAROLINA HURRICANES—Reassigned F Zac Dalpe to Charlotte (AHL).
COLORADO AVALANCHE—Announced the retirement of F Peter Forsberg.
OTTAWA SENATORS—Recalled G Robin Lehner and F Bobby Butler from Binghamton (AHL).
TORONTO MAPLE LEAFS—Traded F Kris Versteeg to Philadelphia for 2011 first- and third-round draft picks.

TENNIS

ATP OPEN 13

At MARSEILLE, France
Singles
First Round
Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-4, 6-3.
Dmitry Tursunov, Russia, def. Grigor Dimitrov, Bulgaria, 6-7 (6), 7-5, 7-6 (4).
Doubles
First Round
Marin Cilic and Lovro Zovko, Croatia, def. Frank Moser, Germany, and David Skoch, Czech Republic, 3-6, 6-3, 10-5 tiebreak.

WTA DUBAI DUTY FREE CHAMPIONSHIPS

Singles
First Round
Marion Bartoli (10), France, def. Kimiko Date-Krumm, Japan, 7-6 (8), 6-4.
Alisa Kleybanova (15), Russia, def. Anastasia Pavlyuchenkova, Russia, 4-6, 6-4, 6-0.
Svetlana Kuznetsova (16), Russia, def. Nuria Llagostera Vives, Spain, 6-4, 6-2.
Chanelle Scheepers, South Africa, def. Maria Kirilenko, Russia, 6-2, 6-2.
Zhang Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 6-3, 6-4.
Timea Bacsinszky, Switzerland, def. Iveta Benesova, Czech Republic, 6-3, 3-6, 6-1.
Alexandra Dulgheru, Romania, def. Elena Baltacha, Britain, 7-6 (3), 6-4.
Anastasija Sevastova, Latvia, def. Anastasia Rodionova, Australia, 6-1, 5-7, 6-3.
Doubles
First Round
Lisa Raymond, U.S., and Sam Stosur (7), Australia, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 6-3.
Monica Niculescu, Romania, and Shahar Peer, Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-1, 6-4.
Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova, Belarus, 7-5, 7-6 (1).
Jarmila Groth, Australia, and Klara Zakopalova, Czech Republic, def. Kristina Barrois and Tatjana Malek, Germany, 6-4, 6-7 (3), 10-5 (tiebreak).

WTA COPA BBVA COLSANITAS

At BOGOTA, Colombia
Singles
First Round
Mathilde Johansson, France, def. Simona Halep (3), Romania, 7-6 (5), 7-5.
Catalina Castano, Colombia, def. Anabel Medina Garrigues (8), Spain, 7-6 (5), 2-6, 7-6 (5).
Patricia Mayr-Achleitner, Germany, def. Mariya Koryttseva, Ukraine, 6-2, 7-6 (4).

ATP RMK CHAMPIONSHIPS & THE WTA CELLULAR SOUTH CUP

At MEMPHIS, Tenn.
Men
Singles
First Round
Robert Kendrick, U.S., def. Kevin Anderson (8), South Africa, 5-7, 6-3, 7-6 (4).
Women
Singles
First Round
Michaella Krajicek, Netherlands, def. Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 6-3.
Alexandra Stevenson, U.S., def. Sofia Arvidsson (2), Sweden, 6-3, 6-1.
Stephanie Foretz Gacon, France, def. Olga Govortsova (5), Belarus, 6-3, 4-6, 6-4.
Rebecca Marino (6), Vancouver. def. Jamie Hampton, U.S., 6-4, 6-1.
Anne Keothavong, Britain, def. Aleksandra Wozniak, Blainville, Que., 6-2, 6-2.
Evgeniya Rodina, Russia, def. Ajla Tomljanovic, Croatia, 1-6, 6-0, 7-6 (5).
Lucie Hradecka, Czech Republic, def. Julie Ditty, U.S., 6-1, 6-3.
Ksenia Pervak, Russia, def. Anna Tatishvili, Georgia, 6-3, 6-4.
Sorana Cirstea, Romania, def. Catherine Harrison, U.S., 6-2, 6-2.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	39	14	.736	—
d-Miami	39	15	.722	½
d-Chicago	36	16	.692	2½
Atlanta	34	20	.630	5½
Orlando	35	21	.625	5½
New York	27	26	.509	12
Philadelphia	26	28	.481	13½
Indiana	24	28	.462	14½
Charlotte	24	31	.436	16
Milwaukee	21	33	.389	18½
Detroit	20	36	.357	20½
New Jersey	17	39	.304	23½
Washington	15	38	.283	24
Toronto	15	40	.273	25
Cleveland	9	46	.164	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	9	.836	—
Dallas	38	16	.704	7½
d-L.A. Lakers	38	18	.679	8½
d-Oklahoma City	34	19	.642	11
New Orleans	33	23	.589	13½
Portland	31	24	.564	15
Utah	31	24	.564	15
Denver	31	25	.554	15½
Memphis	30	26	.536	16½
Phoenix	26	26	.500	18½
Houston	26	30	.464	20½
Golden State	24	29	.453	21
L.A. Clippers	20	35	.364	26
Sacramento	13	38	.255	31
Minnesota	13	42	.236	33

d – division leader
Last night's results
Charlotte 109 L.A. Lakers 89
San Antonio 102 New Jersey 85
Atlanta 94 Detroit 79
Milwaukee 102 L.A. Clippers 78
Portland 95 Minnesota 81
Houston 121 Denver 102
Sunday's results
Boston 85 Miami 82
Orlando 89 L.A. Lakers 75
Memphis 116 Denver 108
Washington 115 Cleveland 100
Portland 105 Detroit 100
Toronto 98 L.A. Clippers 93
Golden State 100 Oklahoma City 94
Sacramento 113 Phoenix 108
Tuesday's Games
Miami at Indiana, 7 p.m.
Charlotte at Chicago, 8 p.m.
Philadelphia at Memphis, 8 p.m.
Sacramento at Oklahoma City, 8 p.m.
Utah at Phoenix, 9 p.m.
New Orleans at Golden State, 10:30 p.m.
Tomorrow's games
Washington at Orlando, 7 p.m.
Miami at Toronto, 7 p.m.
New Jersey at Boston, 7:30 p.m.
L.A. Lakers at Cleveland, 7:30 p.m.
Indiana at Detroit, 7:30 p.m.
Atlanta at New York, 7:30 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Sacramento at Dallas, 8:30 p.m.
Philadelphia at Houston, 8:30 p.m.
Golden State at Utah, 9 p.m.
Denver at Milwaukee, 9 p.m.
New Orleans at Portland, 10 p.m.

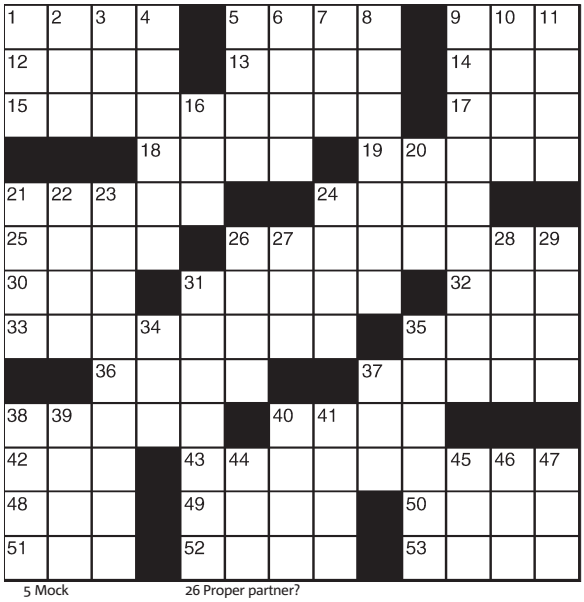
SUNDAY
RAPTORS 98, CLIPPERS 93

L.A. CLIPPERS (93)
Gomes 5-8 2-2 14, Griffin 7-13 7-10 21, Jordan 2-2 2-6 6, B.Davis 7-16 6-6 20, Foye 2-14 1-1 5, Bledsoe 2-9 3-5 7, Aminu 1-4 1-2 3, Cook 6-11 2-2 17, Diogu 0-0 0-0 0. Totals 32-77 24-34 93.
TORONTO (98)
Weems 3-7 4-5 10, A.Johnson 3-5 0-0 6, Bargnani 9-21 8-9 27, Calderon 3-8 4-6 10, DeRozan 7-18 3-5 17, E.Davis 6-8 1-1 13, Barbosa 3-9 4-4 11, Dorsey 0-1 0-0 0, Bayless 0-2 0-0 0, T.Johnson 1-3 2-2 4. Totals 35-82 26-32 98.

L.A. Clippers	24	24	23	22	—93
Toronto	24	24	30	20	—98

3-Point Goals—L.A. Clippers 5-14 (Cook 3-5, Gomes 2-3, Bledsoe 0-1, B.Davis 0-2, Foye 0-3), Toronto 2-13 (Bargnani 1-3, Barbosa 1-5, DeRozan 0-1, Calderon 0-2, Bayless 0-2).
Fouled Out—None. Rebounds—L.A. Clippers 54 (Griffin 15), Toronto 54 (E.Davis 14). Assists—L.A. Clippers 15 (B.Davis 7), Toronto 16 (Calderon 11). Total Fouls—L.A. Clippers 23, Toronto 27. Technicals—B.Davis, L.A. Clippers Bench, Toronto defensive three second 2.
A—19,800 (19,800) at Toronto.

Crossword



Across

1 Hydrox competitor
5 Scoff
9 Police officer
12 Labor
13 Wheelbase terminus
14 Regret
15 Tablets of ruled yellow paper
17 Venomous viper
18 Verse
19 Society layer
21 Fess up
24 Quite
25 Sticky substances
26 Collar style
30 Ostrich's cousin
31 Wide
32 Fuss
33 Wanting
35 Probability
36 Periodic table entry (Abbr.)
37 Tending to nitpick
38 See 11-Down
40 Help a crook
42 Chicken — king
43 Some skateboarders' protection
48 Scoundrel
49 Marsh plant
50 Loosen
51 Type measures
52 Faction
53 Body artwork, for short

Down

1 Hooter
2 Shad product
3 Work unit
4 They look like short-necked giraffes
5 Mock
6 Reason to cram
7 Time gone by, once
8 Saved
9 Places to stay temporarily
10 Eject
11 With 38-Across, cartoon skunk
16 Parcel of land
20 Spanning (Abbr.)
21 On in years
22 Cupola
23 Computer accessories
24 Male deer
26 Proper partner?
27 A billion years
28 Throws in
29 Inquisitive
31 Milwaukee team
34 — -de-France
35 Product
37 Not many
38 Chantilly, e.g.
39 Verve
40 Not up and about
41 Presage
44 Hawaiian neckwear
45 Literary collection
46 Banned insecticide
47 "Help!"

▶ Yesterday's answer

Sudoku

			9	4				1
7		3		5		2		
					3			8
	5	1	4	2		9		
		7				1		
		8		1	5	7	3	
5			3					
		2		6		4		3
9				8	4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	7	8	5	1	4	2	3	9
1	2	9	3	8	6	7	4	5
4	5	3	2	9	7	1	8	6
2	3	6	4	5	9	8	1	7
5	1	4	7	6	8	3	9	2
9	8	7	1	3	2	5	6	4
8	4	2	9	7	1	6	5	3
3	9	1	6	2	5	4	7	8
7	6	5	8	4	3	9	2	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

K-swizzle, You are the most random, spontaneous person we have ever met, and we would never change any part of you. Happy Cornflakes Day!
LOVE, B-SWIZZLE AND C-SWIZZLE

My Beloved I LOVE U! ... You put a smile on my face. I LOVE U! because of ur sweetness, ur kindness and ur thoughtfulness. I LOVE U! because u appreciate me and u appreciate my effects to romance u. I thank u for bein U **YOUR DEAR POOOKS**

Devin.... Roses are red, Violets are blue And no one misses you As much as I do
YOUR TOOTHFAIRY

Marcucio, I love you SO MUCH and I promise to love you with everything I have now and always! You are the bounce to my step and the music to my ears. Most importantly you are my best friend. **LOVE, MELSTAR**

A look at the weather

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 0° Max 4°	Min -15° Max -11°	Min -12° Max -1°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Steer clear of fights and feuds today because you have nothing to gain by going head-to-head with people whose views you think are stupid.

♉ Taurus April 21-May 21 Put some distance between yourself and people you can tell are trying to rub you up the wrong way. Also, let employers and other important people know that if they want your support, it has to be earned.

♊ Gemini May 22-June 21
There is still plenty of time to make your mark on the world but you have got to get serious about it. What you do, or don't do, over the next few days will determine whether you're a winner or a wannabe.

♋ Cancer June 22-July 22 Your sixth sense tells you there are changes coming that can improve your lot financially and emotionally. Don't listen to what others say you should do. Act on your own beliefs.

♌ Leo July 23-Aug.23 Somewhere along the way, you seem to have forgotten that life is supposed to be an adventure. Your first priority is to put some fun back into your daily doings. Work hard, play hard and always keep smiling.

♍ Virgo Aug. 24- Sept. 22 The Sun's move into your opposite sign of Pisces next weekend marks the halfway point of your solar year. Start thinking about what you can learn from the past six months.

♎ Libra Sept. 23-Oct. 23 The past few weeks have been hectic but there's still a lot to be done before the Sun changes signs on the 19th. There is no limit to what you can accomplish, so don't just sit there.

♏ Scorpio Oct. 24-Nov. 22 You have wasted enough time on senseless disputes. Promise yourself that from today you will focus on more important matters. Look forward to what you are going to accomplish.

♐ Sagittarius Nov. 23-Dec. 21 You are too stubborn to admit that your present course is taking you in the wrong direction. There are times when your huge self-belief can be a blessing, but this isn't one of them. Change.

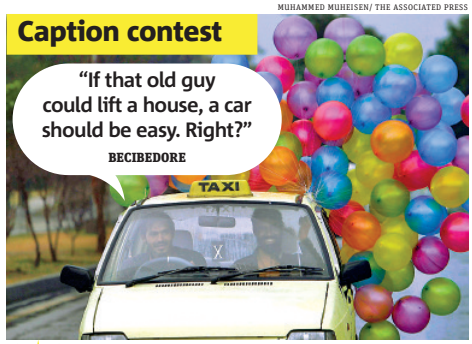
♑ Capricorn Dec. 22-Jan. 20
Make sure everyone knows you are not the sort of person who can be intimidated or bribed. There is a stubborn side to the Capricorn nature and it will be evident today.

♒ Aquarius Jan. 21-Feb. 18
Make the most of the Sun's last few days in your birth sign. Take advantage of each opportunity that comes your way. Any day can be a new beginning but today, and tomorrow, most things will come easily.

♓ Pisces Feb. 19-March 20 The last few weeks have been anything but easy and there are no doubt more challenges to come, but already you can sense that your luck is beginning to turn. SALLY BROMPTON

Caption contest

MUHAMMED MUHEISEN/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFF CHRISTENSEN/ THE ASSOCIATED PRESS

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MEXICO | Los Cabos
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Deluxe rm. • Feb. 26
$999 Add taxes & other fees: $257

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta PRIVILEGES
Deluxe garden view rm. • Mar. 5 - 19
$1159 Add taxes & other fees: $144

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum
Standard rm. • May 7
$1199 Add taxes & other fees: $250

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana
Junior suite • Mar. 1 - 29
$1099 Add taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Barceló Bavaro Palace Deluxe
Junior suite deluxe • Mar. 1 - 29
$1199 Add taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana PRIVILEGES
Junior suite • Mar. 1 - 29
$1299 Add taxes & other fees: $170

CUBA | Varadero
Allegro Varadero
Superior rm. • Mar. 13
$949 Add taxes & other fees: $155

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort
Standard rm. • Apr. 3 - 17
$1139 Add taxes & other fees: $155

CUBA | Santa Clara
Royal Hideaway Ensenachos
Royal spa rm. • Mar. 5 - 19
$1429 Add taxes & other fees: $155

JAMAICA
Sunset Jamaica Grande Resort & Spa PRIVILEGES
Exclusive renovated standard rm. • Mar. 7 & 14
$1499 Add taxes & other fees: $98

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
Junior suite • Mar. 7 & 14
$1529 Add taxes & other fees: $98

JAMAICA
Hilton Rose Hall Resort & Spa
Resort view rm. • Mar. 7 & 14
$1749 Add taxes & other fees: $98

GRENADA via Toronto
Grenadian by rex resort
Hillside rm. • Mar. 19 & 26
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HAWAII | Maui
Aston Maui Lu
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